



## *Freedom Run II*

### **DDSP FITNESS CENTER FREEDOM RUN 5K RUN/WALK AND FUN RUN 2004 REGISTRATION FORM**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Male

Female (circle one)

Phone #s:

Home (\_\_\_\_\_) \_\_\_\_\_ Work (\_\_\_\_\_) \_\_\_\_\_

Runner: \_\_\_\_\_ Walker: \_\_\_\_\_ Kids Fun Run: \_\_\_\_\_

Branch of Service \_\_\_\_\_ is this a team entry **Yes No**

D.O.D Civilian Organization \_\_\_\_\_

**Shirt Size: L XL XXL (Please Circle One)**

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather (including rain, wind, and snow, high heat/humidity), traffic and the conditions of the road, in consideration of your accepting my entry. I, for myself and anyone entitled to act on my behalf, waive and release the DDSP Freedom Run 5K Run/Walk and Fun Walk and all other sponsors, their representative, and successors for all claims of liabilities arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Mail to: DDSP Fitness Center, 2001 Mission Drive, New Cumberland, PA 17070

Please make checks payable to IMWRF